

## **Unit 9 – Personal Care and Grooming: Relationship To Self-Esteem**

### **Resource Materials/Activities/Notes**

#### **Suggested Instructional Resource Materials**

- Videos on personal care skills
- Samples of different types of personal care products

#### **Skill Performance Checklists**

15. Assisting with Oral Hygiene (minimal assistance from nurse aide)
16. Providing Mouth Care (minimal assistance from resident)
17. Providing Mouth Care for Unconscious Resident
18. Assisting with Denture Care
19. Cleaning and Trimming Nails
20. Foot Care
21. Assisting Resident with Shaving
22. Caring for Hair
23. Shampooing Hair in Bed
24. Dressing and Undressing
25. Giving Complete Bed Bath
26. Giving Partial Bath
27. Giving Tub Bath or Shower
28. Giving Perineal Care
29. Giving Back Rub

#### **Activities**

- Have the class discuss various individual preferences residents might have about daily hygiene practices.
- Ask the class how they would feel about changing all their hygiene practices to fit a facility's schedule.
- Have the class brainstorm and consider ways the nurse aide can make care and grooming enjoyable for the resident.
- Have the class share their feelings about being around people with halitosis.
- Have the class discuss the reason for diluting mouthwash.
- Pass around swabs and have the class practice giving each other special mouth care.
- Review your facility's policy and procedures for denture care.
- Cleaning dentures can be unpleasant. Since this procedure is an important part of resident care, discuss how to manage any negative feelings.
- Review the policy of your facility for trimming nails.
- Have class review why nail care is so important for diabetic resident.
- Have the class suggest ways to make hair care an enjoyable experience for the resident.

- Have the class discuss hair care for residents of different ethnic backgrounds.
- Have the class discuss the use of adaptive clothing for residents.
- Review the principles of good body mechanics that would be used in giving a resident a bed bath.
- Consider ways to prevent slips and falls in the tub and shower.